

alive
AT 25®

**SAVING LIVES
THROUGH EDUCATION**
National Law Enforcement Curriculum

**The Most
IMPORTANT
4½ hours
of a
YOUNG
DRIVER'S
LIFE**

Alive at 25 is a defensive driving class developed by the National Safety Council specifically for young adult drivers. The class is presented by law enforcement, offered at no cost for those aged 15-24 years, and delivered in one 4.5 hour program focused on awareness of driver and passenger behavior and decision-making. The class covers:

- Distractions
- Inexperience
- Lack of awareness of risky behaviors and consequences
- Impaired driving
- Speeding
- Driving as a social activity

Register online at
www.idsafedriver.org



The Idaho **STAR** Motorcycle Safety Program encourages all drivers to share the road. When a car and a motorcycle crash, two things are almost certain:

1. The driver says "I didn't see the motorcycle!"
2. The rider is injured (or worse)

About 50% of motorcycle crashes involve another car - don't be one of those drivers.

LOOK TWICE FOR MOTORCYCLES!

Idaho **STAR** Program

www.idahostar.org 1-888-280-7827

Use this to keep track of your behind-the-wheel practice. (A minimum of fifty (50) hours over six (6) months. Ten (10) of those hours must be at night.)

Pg.32

The Teen Driver	2
Idaho Teen Drivers	3
How to Use This Guide	4
The Graduated Driver Licensing (GDL) Program	5
When to Stop for School Busses	6
Airbags & Seatbelts	7
Steering Control	8
Lane Positions	9
Time and Space Management	10
Zone Control	13
Following Distance	14
Cornering	15
Turnabouts	16
Important Idaho Traffic Laws.....	17
Lane Changes & Blind Spots	18
Parallel Parking	20
Perpendicular Parking	21
Angled Parking	21
Parking on Hills	22
Freeway Driving	24
Driving Around Large Trucks (The “No-Zone”)	26
Parent – Student Contract	27
Skill Checklist	28
Supervised Driving Log	29

The Teen Driver

A recent study by the Children's Hospital of Philadelphia (2009) demonstrates that if teen drivers see something regularly, they assume it carries little risk. This includes poor driving behaviors by others around them.

This same study found that teen drivers witness or do the following:

- * 57% talk on the phone while driving
- * 52% select music while driving
- * 46% drive with very loud music
- * 19% text while driving

Parenting Makes All The Difference!

Teens who describe having involved or authoritative parents are 50% less likely to crash, 71% less likely to drive while intoxicated, 30% less likely to drive while using a cell phone, 2x as likely to wear a seatbelt, and speed half as often as teens with uninvolved parents.

A parent's role is critical!

Idaho Teen Driving Log

Use this to keep track of your behind-the-wheel practice. (A minimum of fifty (50) hours over six (6) months. Ten (10) of those hours must be at night.)

[illegible]

Idaho Teen Driving Log

Use this to keep track of your behind-the-wheel practice. (A minimum of fifty (50) hours over six (6) months. Ten (10) of those hours must be at night.)

[illegible]

Idaho Teen Drivers

In 2009 nearly one out of every four crashes in Idaho involved a teen driver. (There were 5,393 teen crashes!) Our teens are involved in 2.6 times as many crashes as we would expect them to be in and they are 2.9 times as likely as all other drivers to be involved in a crash.

Teen drivers caused 43 deaths on Idaho roads in 2009. Of the 43 people killed, 16 were teens. Of those 16 teens only 5 (31%) were wearing seatbelts.

While 68% of all crashes involving teen drivers in Idaho occurred in urban areas, 75% of the fatal crashes involving teen drivers occurred in rural areas.

The economic cost of crashes involving teen drivers in Idaho during 2009 was \$529.2 million dollars; 21% of the total cost of crashes.

How to Use This Guide

This guide provides practice tips for the supervising driver to use during the required fifty (50) hours of practice over a minimum six (6) months period of time. (Ten (10) of those hours must be night).

- Use the Skill Checklist on page 28
- Use a contract with your teen to define all the issues and agreements before the fact. A sample is on page 27
- Document your practice time on the Driving Log, pages 29-32. Keep this Guide in your car and use it!

The following tips will enhance your experience:

- Set aside time for practice each week.
- Be relaxed and keep your voice calm.
- Give clear feedback immediately and precisely.
- Plan your route before you start.
- Ask questions, such as "Where were you looking," or "What are the steps for this maneuver?"
- Know when to talk; a complicated maneuver may require a lot of concentration
 - Be supportive and positive
 - Set a good example when you drive.
 - Reinforce the skills taught by the driver education instructor.
 - Have the Idaho Driver's Manual available for reference.

Idaho Teen Driving Log

Use this to keep track of your behind-the-wheel practice. (A minimum of fifty (50) hours over six (6) months. Ten (10) of those hours must be at night.)

[illegible]

Practice Checklist

Use the following chart to track your teen driver's progress. MP = more practice needed. OK=Acceptable

Skills Practiced	MP	MP	MP	OK	Initial
Seatbelts/Mirrors					
Steering Control					
Reference Points					
Targeting					
Following Distance					
Avoiding Conflicts					
Acceleration/Braking					
U-Turns					
Two-Point Turns					
Three-Point Turns					
Lane Changes					
Angled Parking					
Perpendicular Parking					
Parallel Parking					
Hill Parking					
Freeway Driving					
No Zone/Truck Safety					
School Busses					
Lane Positions					
Zone Control					
Taking Corners Smoothly					
Identifying Signs					
Driving w/o Distractions					

The Graduated Driver Licensing (GDL) Program

Idaho's Graduated Driver Licensing Program is designed to reduce the number of teen citations and collisions by giving them more driving experience before becoming fully licensed.

The permit given to the teen driver after successfully completing driver education must be in the driver's possession while driving. The permit is valid until five (5) days after the student's eighteenth (18th) birthday.

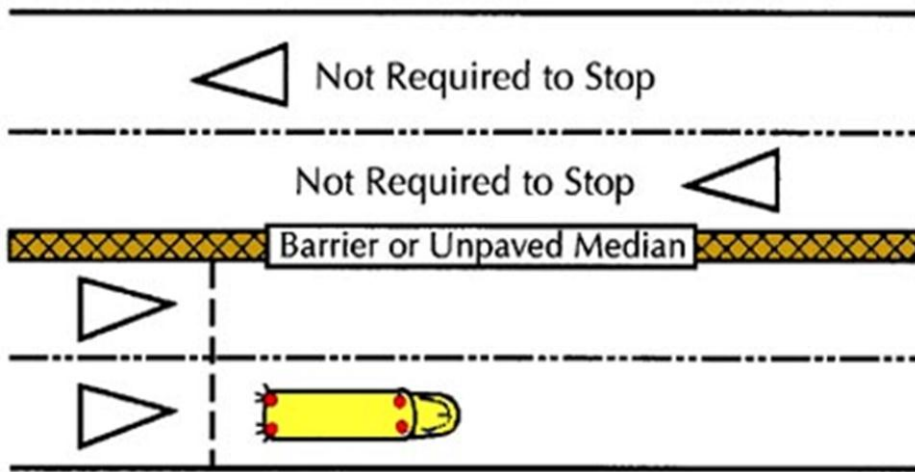
Teen drivers are required to follow these restrictions:

- The six (6) months of supervised driving begins the day driver education is completed successfully and you receive your permit from your instructor.
- Teen drivers must practice for a minimum of six (6) months and include at least forty (40) hours of daylight driving and ten (10) hours of nighttime driving.
- The supervising driver must have a valid license and be at least 21 years of age.
- All occupants must wear seatbelts and observe all alcohol and drug laws.

A permit can be cancelled for not following the above restrictions, for a traffic violation, or for not attending school.

School Busses

You must stop for a school bus that is loading or unloading students. On a two-lane road, both following and oncoming traffic must stop and remain stopped as long as the red lights near the top of the bus are flashing and/or the stop arm on the left side of the bus is extended. On a highway with two or more lanes going each direction, oncoming traffic is not required to stop.



Arrive Home Safely

Common aggressive driving behaviors include:

- Failure to yield the right of way
- Running stop signs
- Speeding
- Driving too fast for conditions
- Following too close
- Disregarding traffic signals
- Multiple lane changes attempting to get ahead of others

PARENT – TEEN CONTRACT

ISSUE: Paying for car, gas, insurance, etc.

AGREEMENT:

ISSUE: Using seatbelts

AGREEMENT:

ISSUE Using portable electronic devices while driving (email, texting, web, phone, etc.)

AGREEMENT:

ISSUE: Number of passengers in vehicle

AGREEMENT:

ISSUE: Driving area limits

AGREEMENT:

ISSUE: Music and food in the vehicle

AGREEMENT:

ISSUE: Grades

AGREEMENT:

ISSUE: Crashes, tickets

AGREEMENT:

TEEN DRIVER SIGNATURE:

PARENT/GUARDIAN SIGNATURE:

DATE:



Trucks are everywhere on our roads and it is our responsibility to share the road with them safely.

Learn to read the "language" of trucks:

1. Weight affects how a truck acts on the road.
2. Weather may result in less reaction time.
3. Spray coming off a large truck can reduce your visibility.
4. Use your turn signals and brake lights sooner than usual to help trucks predict your movements.
5. Stay visible in the truck's mirrors. Stay out of the "No Zone"! (the orange areas in the graphic)
6. Be alert to trucks turning right. They need extra space to make wide right turns.



Air Bags and Seatbelts

Of the 156 people killed in Idaho car crashes in 2009, only 64 were wearing a seatbelt.

Airbags and seatbelts are designed to be used together since airbags provide little protection in side, rear, or rollover crashes and seatbelts are designed to keep you in the vehicle where you are safest but don't prevent as many injuries alone.

Adjusting your Seatbelt:

- Sit at least 10" from the steering wheel
- The lap belt should never cross the stomach and should be snug
- The belt should never cross the front of the neck or face
- Don't add excessive slack (more than one inch) to the shoulder belt.

Children and Vehicle Protection:

- Because air bags deploy at speeds of up to 200 mph and a temperature of almost 500 degrees, children should never sit in the front seat.
- Idaho law requires children six (6) years of age or younger to be in an approved child safety seat.
- All infants should ride rear-facing until they are two years old or reach the highest weight & height allowed by their car seat manufacturer.

Steering Control Practice

Most of us learned to steer using hand-over-hand steering but modern vehicles require much less input to make the same turns. For normal turns, push-pull steering (described below) works best.

Most of us also were taught to drive with our hands at the 10:00 and 2:00 positions on the steering wheel but because of airbags we now train young drivers to place their hands at 9:00 and 3:00 or slightly lower at 7:00 and 5:00.



Push-Pull Steering

Use push-pull steering for most turning maneuvers. Neither hand moves beyond the 6:00 or 12:00 positions. Push up with one hand and pull down with the other. This results in smooth steering and reduces the potential for too much steering which can lead to loss of control. Keep the hands and thumbs on the outside of the wheel.

Hand-Over-Hand Steering

Use hand-over-hand steering when precision movements are required, like parking.

Exiting the Freeway

Tips for safely exiting the freeway include:

- Check rearview mirror
- Signal
- Maintain speed until in the deceleration lane
- Cancel signal
- Reduce speed to posted speed and look ahead to next light or intersection
- Check rearview mirror

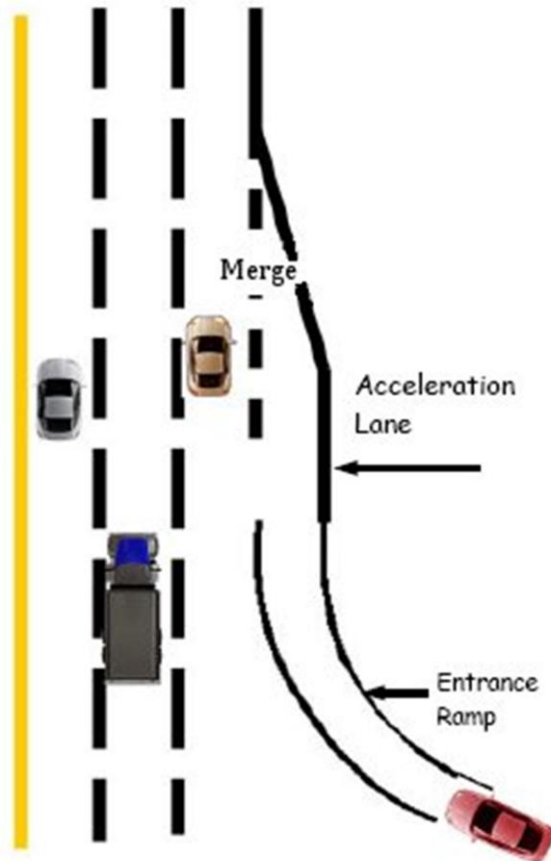


Freeway Driving

There are three parts to every freeway onramp: the entrance, the acceleration zone, and the merge. The first two are self-explanatory, but the merge is critical.

To merge safely on the freeway, do the following:

1. Search for a large enough gap to enter.
2. Signal
3. Adjust speed to surrounding traffic.
4. Merge smoothly into the gap, making sure not to cut someone off.
5. Cancel your signal and check rearview mirror.



Maximize Lane Usage

Use the lane position that gives you the best line of sight and path of travel. These diagrams are based on an average 12-foot wide lane.

LANE POSITION 1

In the center of the lane
Allows 3 feet on each side



LANE POSITION 2

0-6 inches from a line to the left

- Used for left turns, parking on the left, and to increase your line of sight



LANE POSITION 3

0-6 inches from a line to the right

- Used for parking against a curb line, and to increase your line of sight



LANE POSITION 4

Straddling a line

- Used to move away from a hazard on the right



LANE POSITION 5

Straddling a line

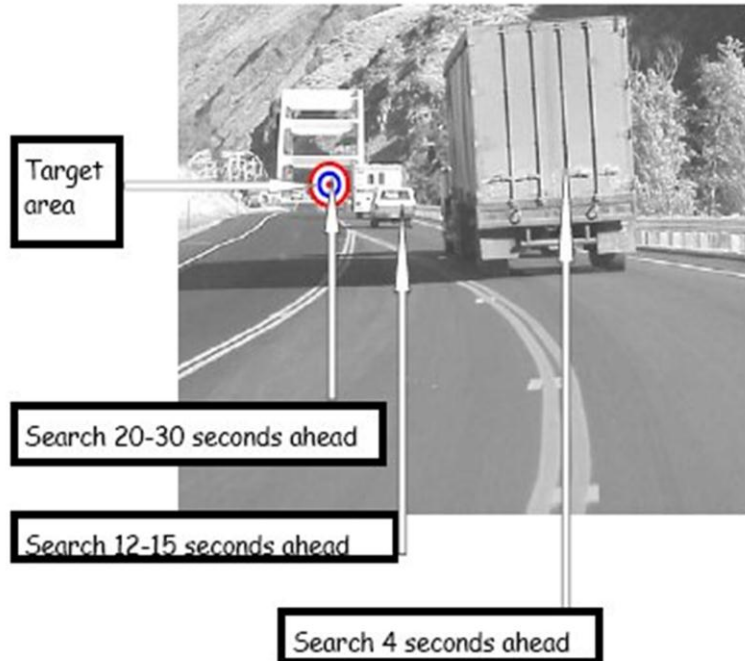
- Used to move away from a hazard on the left



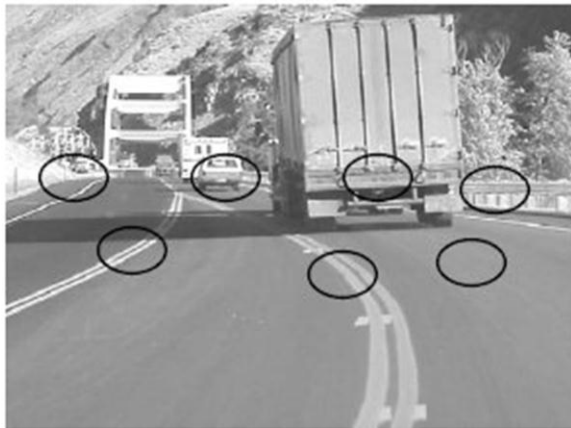
Time and Space Management

Targeting

A "target" is a point or area far down the road where you intend to drive your vehicle. Good targeting habits include searching ahead of your vehicle for objects of concern.



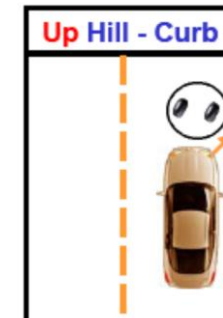
Look for anything that will affect your speed, path of travel or need to communicate with other drivers



Parking on Hills: Incline

When parking on an incline without a curb:

- Signal
- Pull as far off the roadway as possible
- Before stopping, turn wheels sharply **RIGHT**
- Shift to Park (or first gear in a manual)
- Set the parking brake



When parking on an incline with a curb:

- Signal
- Position vehicle close to the curb
- Before stopping, turn wheels sharply **LEFT**
- Let the vehicle slowly roll backwards until the right front tire wedges against the curb



Parking on Hills: Decline

When parking on a decline with a curb:

- Signal
- Position vehicle close to curb and stop
- Let the vehicle creep forward while turning wheel sharply RIGHT, letting the tire wedge itself against the curb.
- Shift to Park (or 1st gear if a manual)
- Set the parking brake



When parking on a decline without a curb:

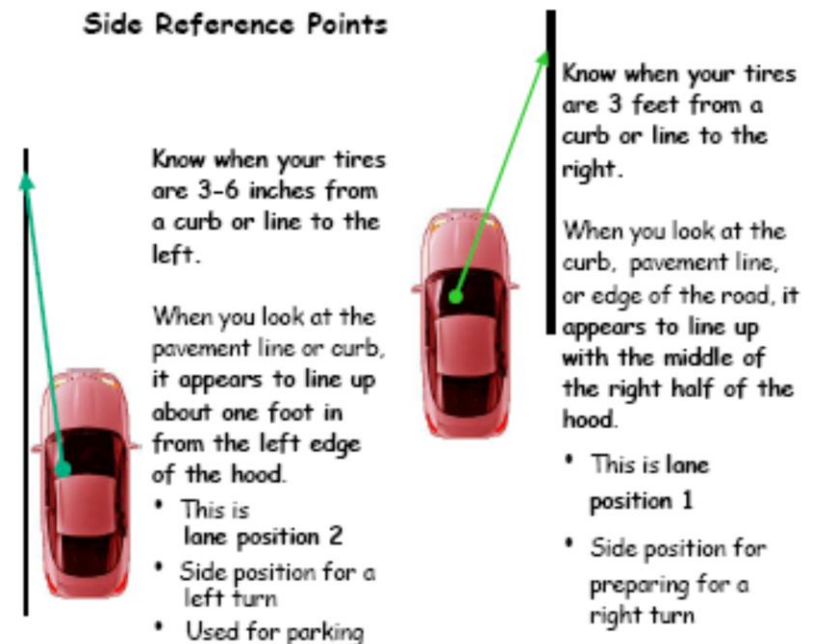
- Follow the same steps as above but there will not be a curb to wedge the tire against.

The goal of all hill-parking procedures is to prevent the vehicle from rolling into traffic or down the hill.

Using Reference Points

Supervising drivers typically have developed a sense of where their tires are tracking and how much space is available before denting a fender. New drivers lack this experience and benefit by using "reference points". It works like this:

From the driver's point of view, locate some part of the vehicle as it relates to some part of the roadway. The arrow represents the driver's line of sight. It's where the driver is looking. Reference points are always seen from the some point on the car to ground level. Ask your teen driver to show you how this works!



Side Reference Points

Know when your tires are 3-6 inches from a curb or line to the right. When you look at the curb, pavement line, or edge of the road, it appears to line up near the center of the hood.

- This is lane position 3
- Used for parking



Forward Reference Point



Know when your front bumper is even with the curb line. When you look at the curb line, it appears to line up with the passenger side mirror.

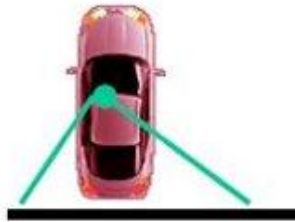
- The point when you start turning the steering wheel for a right turn
- Used as a safety stop to get a clear view of the intersection

Rear Reference Points

Know when your rear bumper is 0-6 inches from a left rear line.

When you look back, the curb or line, it appears to be in the middle of the left rear window.

- Used when backing to know where your rear bumper is



Know when your rear bumper is 0-6 inches from a right rear line.

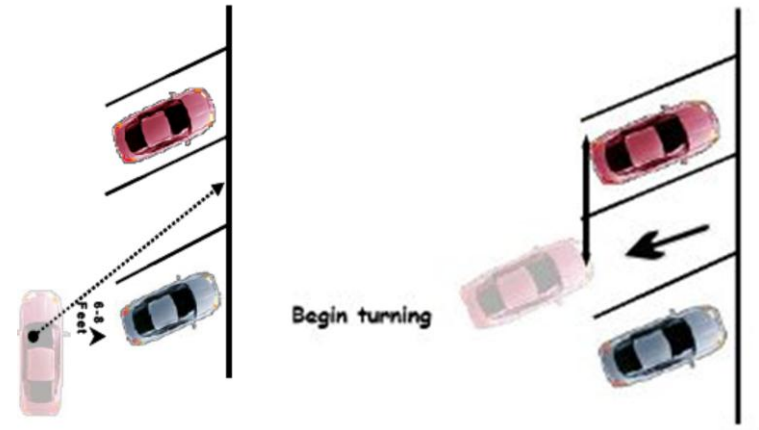
When you look back, the curb, or line, it appears to be near the window corner post.

- Used as a pivot point to begin turning while backing around a corner

Angled Parking

Entering:

1. Check for traffic and pedestrians
2. Signal
3. Position vehicle at least 6-8 feet from the parking space
4. Check blind spot
5. Target the center of the parking space
6. Creep and turn the wheel fast toward target
7. Straighten wheel and center in space
8. Stop even with the curb or parking line
9. Open doors carefully to prevent dinging adjacent vehicles



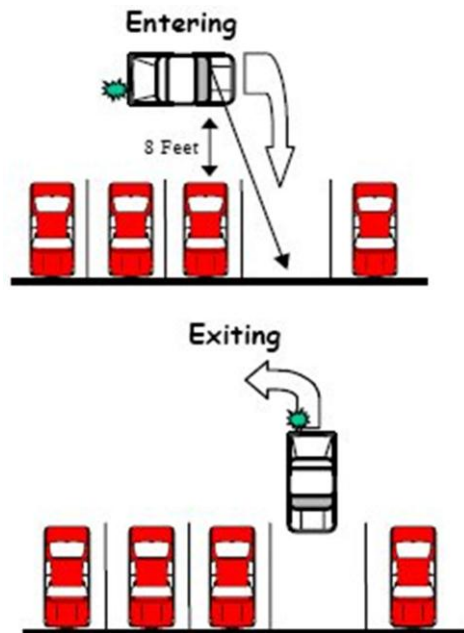
Exiting:

1. Search for traffic and pedestrians
2. Creep backwards in Reverse
3. Begin turning when your front bumper is even with rear bumper of the parked car to your left
4. Back completely out, shift to Drive, and pull forward

Perpendicular Parking

The 90 degree turn is sharp and the parking space may be narrow, so follow these steps to help:

1. Check traffic to the rear
2. Position your vehicle 8 feet out from space
3. Signal
4. Check for traffic and pedestrians
5. Turn sharply when front bumper passes the left taillight of the vehicle to the right
6. Creep into parking space and straighten wheel



When exiting the space turn wheel sharply right when your front bumper is even with rear bumper of vehicle on your left

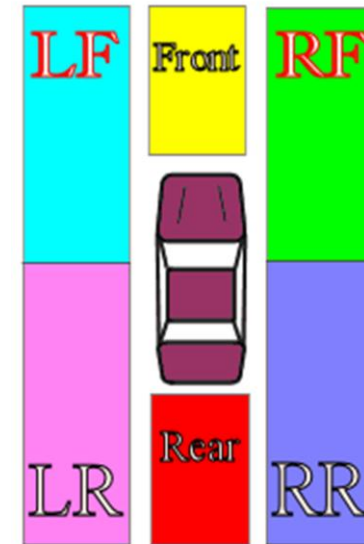
Zone Control

The Zone Control system helps you organize your visual search patterns in addition to using the targeting system.

A "zone" is one of six areas of space around a vehicle that is the width of a lane and extends as far as the driver can see. The graphic below shows the six zones around your vehicle.

An "open zone" is space where you can drive without a restriction to your line of sight or your intended path of travel.

A "closed zone" is a space not open to you because of a restriction in your line of sight or intended path of travel.

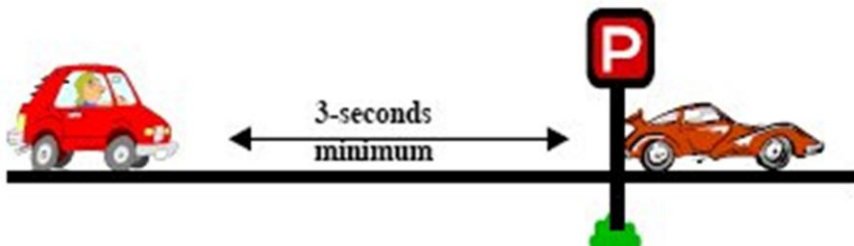


Following Distance

17% of all multiple-vehicle crashes in Idaho are caused by one vehicle following too closely behind another. A skilled driver keeps at least three (3) seconds behind the vehicle in front of him - in ideal conditions. In conditions less than ideal that distance needs to be increased, or even doubled.

A following distance of at least 3-seconds gives you time to adjust speed and lane position, allows you to see beyond the vehicle in front of you, and minimizes or even eliminates surprises from the actions of others.

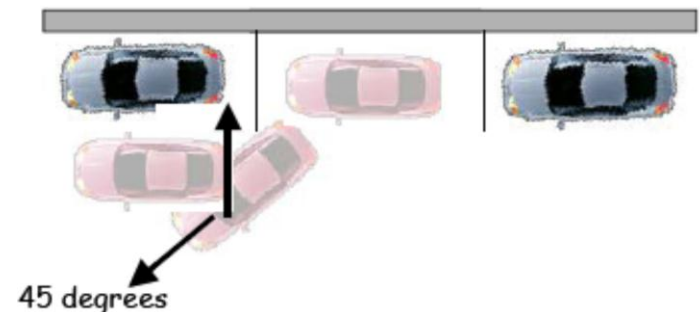
To find your following distance, start counting when the vehicle in front of you passes a stationary object, like a sign or tree. Stop counting when your vehicle reaches the same object. If conditions are ideal and you had time to count to at least three, you have an appropriate following distance.



Parallel Parking

True, parallel parking is not necessary every day, but it is a valuable skill to have when it is necessary. Here are the steps used to take the stress out of this maneuver:

1. Check rearview mirror
2. Signal
3. Stop 2-3 feet beside the vehicle in the front space
4. Line up rear bumpers
5. Shift to Reverse
6. Look back, creep and turn wheel sharply toward the curb
7. Check front bumper clearance
8. Stop when your vehicle is at a 45 degree angle
9. Straighten tires and creep back in a straight line
10. When your front bumper is even with the back bumper of the vehicle in front of the space turn wheels sharply LEFT
11. When parallel to curb, straighten wheels
12. Center your vehicle in the space and you're done!

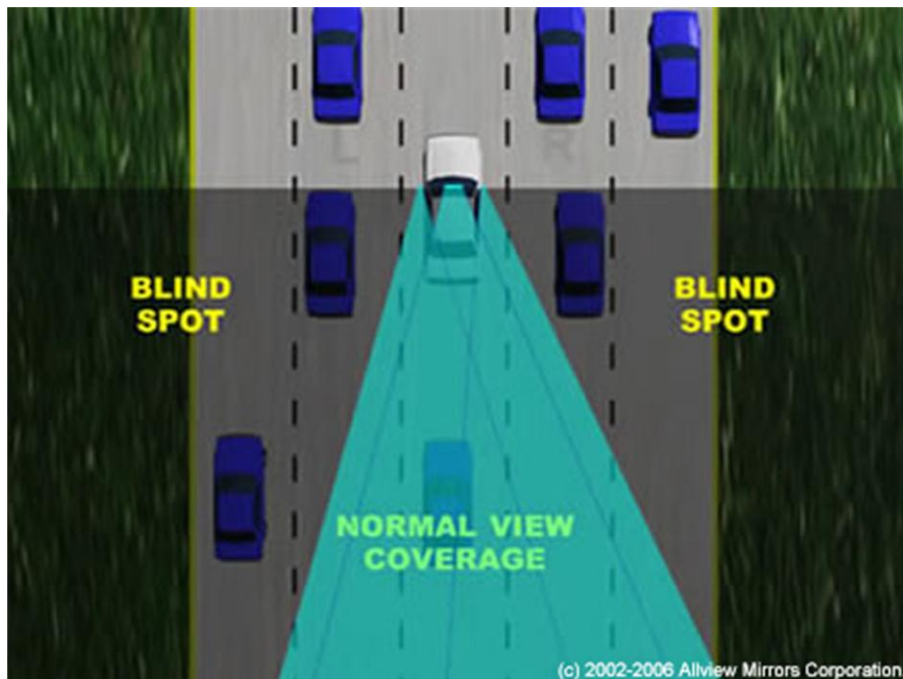


Lane Changes & Blind Spots

Changing lanes in a vehicle that has large blind areas behind it is difficult and often dangerous. There may be vehicles driving along behind and beside you that you cannot see in any of your mirrors! It requires a "blind spot check" (looking over your shoulder) to verify there is an empty and large enough gap to move into.

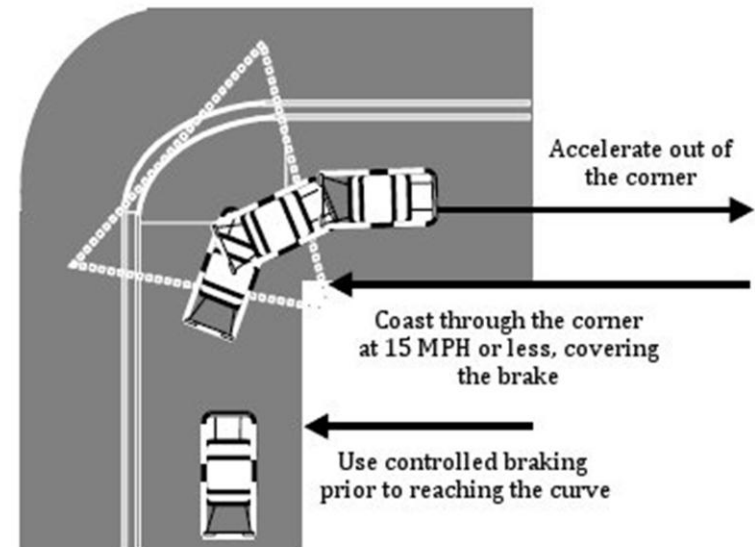
The technique used for a safe lane change is **S.M.O.G.**:

1. **Signal** (let others know your intention)
2. check **Mirrors** (inside mirror then outside mirror)
3. look **Over** your shoulder (blind spot check!)
4. **Go** if it is clear. (slide over and cancel signal)



Cornering

Entering a corner too fast is a cause of many crashes in Idaho. Many driver education instructors teach their students to "coast" the corners at 15 mph (under ideal conditions) or less and accelerate out of them. This technique creates a habit of slow, controlled corners even in slippery road conditions. It works like this:

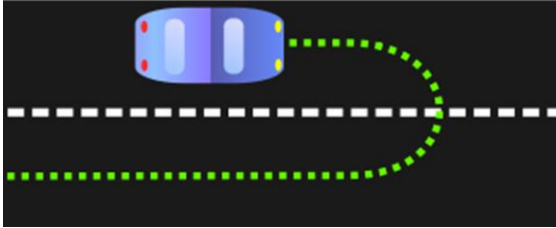


Turnabouts

When you must turn your vehicle around and go the other direction on the same street, there are three techniques:

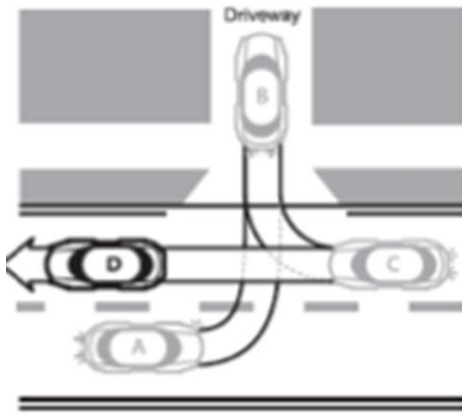
U-Turn

Check for traffic behind you and in the opposite lane before signaling and making a 180 degree turn.



Two-Point Turnabout

Pull into a driveway to help change direction.



Three-Point Turnabout

Same as above, but without a driveway, so be careful!

Idaho Traffic Laws

Though certainly not a complete list of laws, here are some to focus on while out doing supervised driving:

- You don't have to stop at a stop sign - it's only an indication to stop at that intersection. But you must stop at a stop line if there is one.
- At a 4-way stop the car on the right has the right of way - or if cars get there at the same time, whoever gets there first, goes first!
- You must stop when entering a street from an alley, building, driveway, private road, or before crossing a sidewalk.
- You must yield to pedestrians crossing the street in a marked or unmarked crosswalk.
- The speed limit is only for ideal conditions.
- The "Move Over" law requires you to change lanes whenever possible to provide more room for an emergency vehicle stopped with lights flashing.
- The law requires you to stay in the right lane when there are multiple lanes except when passing.
- You cannot exceed the speed limit to pass another vehicle.
- You cannot pass within 100 feet of an intersection.
- You cannot go around a stopped vehicle in front of you if it requires you to go off the pavement.
- When stopping behind another vehicle you should be able to see where that vehicle's rear tires touch the pavement.